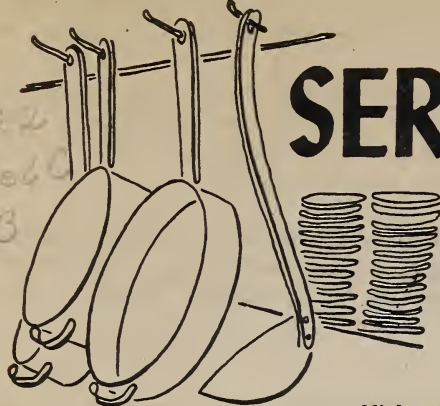


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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July, 1945

No. 1

Salads for Industrial Workers

Salads have a special appetite appeal in midsummer, because they are cool and crisp. Industrial feeding managers will find this a good time to feature salads on the menu. Cold plates and protein-rich salads should be available on the a la carte menus as an alternate to hot entrees, and they may be used occasionally as the main dish on the special lunch.

Fresh fruit and vegetable salads may be used frequently as accompaniments to the main course of the special lunch in place of a cooked vegetable. A fresh fruit salad may be used now and then, instead of a dessert to vary the menu and to save the scarce sugar supply.

Using Fruits and Vegetables in Abundant Supply

Four useful salad materials are expected to be in abundant supply in July---cabbage, carrots, tomatoes and peaches.

Carrots are among the most versatile of the salad vegetables. The flavor blends with that of many other vegetables and fruits; they are colorful; and they may be prepared readily by mechanical means.

Shredded carrots may be combined with other materials in salads, for example: carrots, cabbage, and green peppers; carrots and raisins; carrots and diced apples; carrots and diced pineapple.

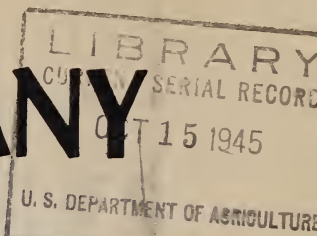
Carrot sticks add crispness and vitamin value to cold plates and vegetable salads.

Cabbage lends itself to use alone or in many combinations. Cole slaw is one of the most popular salads when it is crisp, well-seasoned, and served cold.

Shredded cabbage and carrots; cabbage and chopped green peppers; cabbage and diced tomatoes; cabbage and diced red apples; and cabbage and diced pineapple are combinations that are well liked. Shredded cabbage also may be used in place of diced celery in meat and fish salads.

Keep shredded cabbage chilled, and add the salad dressing just before serving to prevent the cabbage from wilting.

Tomatoes are probably the most universally popular of the salad vegetables.



Sliced tomatoes with lettuce, endive, or watercress; diced tomatoes with cabbage, celery, or leafy green vegetables; tomato wedges with sliced cucumbers, or sliced cauliflower; and whole tomatoes stuffed with chicken, fish, or egg salad or with cottage cheese are only a few of the many tomato salads.

Peaches may be combined with other fruits in mixed fruit salads. Orange, pineapple and peach; pineapple, pear, and peach; orange, diced cantaloup, and sliced peach; and pineapple, banana, and peach are attractive and pleasing salad combinations.

Caring for Salad Materials

Deterioration in the flavor and condition of fresh fruits and vegetables begins almost as soon as they are picked. Refrigeration has been used to retard the spoilage of fresh produce during transportation and distribution. Recently another protection has been provided by food distributors in the application of a wax coating to certain fruits. Waxing limits the amount of air that comes in contact with the fruit, the rate of moisture evaporation, and has been shown to be effective in preserving the vitamin C content. Waxing is at present most widely used on oranges.

At the industrial feeding establishment the care of salad materials should begin when the food is received. After it has been checked for quality and condition it should be immediately put into the refrigerator. The temperature for the refrigerator of salad vegetables should be about 40°F. Fruits which require further ripening should be held outside of the refrigerator at room temperature and checked frequently until they reach prime ripeness.

Preparing Salad Materials

Lettuce cups from head lettuce--Cut out center core, run cold water at a fairly good force into the open center and gently separate the leaves.

Celery curls--Scrub with vegetable brush and remove discolorations, cut cross-ways into 4-inch lengths, and then make two or three lengthwise cuts at one end. Place in iced water in the refrigerator until the ends curl, then drain off the water.

Carrots--Cut in small enough pieces to be eaten easily. Strips cut lengthwise of the carrot keep crisp when chilled.

Cucumbers--Slice peeled or unpeeled, dice, or cut in long wedges. Cucumbers and other vegetables should not be soaked in salt water or in vinegar.

Cauliflower--Cut or break into flowerlets or slice across the flowerlets.

Turnips and rutabagas--Dice or cut in long strips or slices.

Celery cabbage--Cut in 3/4-inch slices across the stalk.

Endive and watercress--Wash and trim carefully to remove discolored leaves and foreign matter.

Cabbage--Shred in a mechanical chopper or slicer, or by hand. Cut rather than crush the vegetable into shreds just fine enough to be eaten with ease.

Melons--(1) Separate the edible part from the rind and dice into 3/4-inch cubes, or (2) cut the melon in half, remove seeds, and cut the flesh into balls, using a French ball cutter.

Peaches--Place peaches in a colander and dip into hot water until the skin is loosened. Chill with running cold water before removing the skin. Slice pitted freestone peaches through the flesh of the fruit to the seed, holding the peach together until cuts have been made all the way around. Then in a twisting motion, slip the peach slices free from the stone.

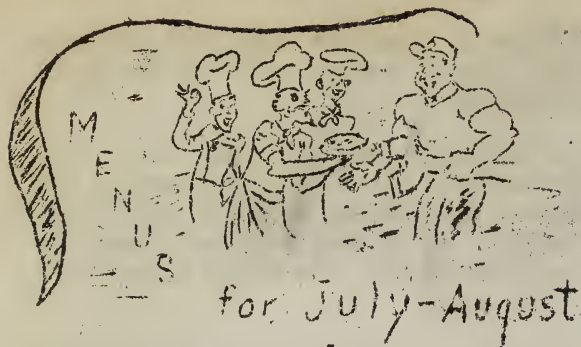
Hot fruit--To avoid the browning of the fruit tissue during the preparation pour a solution of citrus fruit juice or of pineapple juice over the fruit. Another method of preventing discoloration of fresh fruits is to use a solution of ascorbic acid, in the proportion of 1/3 ounce to 1 gallon of water.

Mrs. Alice R. Sacha, dietitian in the cafeteria of the Packard Electric Division, General Motors Corporation, Warren, O., writes: "I was very pleased to receive 'Making the Most of Meats in Industrial Feeding' and find the recipes very satisfactory. I also have used recipes from 'Serving Many.'"

POST THESE RULES IN THE SALAD SECTION

Rules for Preparing Salads

1. Use sound fresh fruits and vegetables for salad making. Choose fruits at their prime ripeness for fine flavor and color.
2. Begin preparation as near serving time as possible.
3. Have good tools, such as a clean vegetable brush, sharp knives, and special cutting boards, and keep them in good condition for salad preparation.
4. Wash salad materials with special care since the foods are eaten raw.
5. Place vegetables that need freshening in very cold or iced water, only until crisp. Do not place sliced or diced vegetables in water. Drain vegetables well before using them.
6. Chop or cut salad materials into pieces of uniform size and take care in cutting and chopping vegetables not to crush them.
7. Handle prepared salad materials gently. Toss mixed salads together lightly.
8. Arrange the salads neatly on chilled plates, using an assembly line method for speed.
9. Add salad dressing to salads just before serving them since dressings tend to wilt the vegetables.
10. Keep salad materials and finished salads refrigerated at all times except during actual handling.



1

Pork sausage
Creamed new potatoes
Creole cabbage
Enriched bread with butter or fortified margarine
Fresh raspberry roll
Beverage

2

Salad plate:
Tomato stuffed with cottage cheese
Marinated vegetable salad (cooked peas, carrots, lima beans)
Potato chips
Enriched rolls with butter or fortified margarine
Raisin bread pudding
Milk

3

Lamb stew with vegetables
Spiced beet salad
Whole-wheat bread with butter or fortified margarine
Fresh peach and oatmeal cookies
Beverage

4

Cream of tomato soup
Stuffed egg salad
Cole slaw
Whole-wheat rolls with butter or fortified margarine
Cherry pie
Milk

5

Fried fish with tarter sauce
Parsleyed potatoes
Baked whole tomatoes
Enriched bread with butter or fortified margarine
Orange sherbet
Beverage

6

Pot roast of beef
Browned new potatoes
Carrot and celery salad
Enriched bread with butter or fortified margarine
Fruit cup
Milk

7

Scrambled eggs
New potatoes in jackets
Fresh buttered spinach
Whole-wheat bread with butter or fortified margarine
Cottage pudding with fresh fruit sauce
Milk

8

Ham salad
Sliced cucumbers
Potato chips
Enriched rolls with butter or fortified margarine
Peach pie
Milk

9

Baked macaroni and cheese
Buttered broccoli
Sliced tomato salad
Whole-wheat bread with butter or fortified margarine
Frosted cup cake

10

Cold pressed veal loaf
Baked potatoes
Buttered green peas
Enriched bread with butter or fortified margarine
Peach cobbler
Milk

11

Baked fish fillets with lemon sauce
Mashed potatoes
Tomato, cucumber, and green onion salad
Enriched bread with butter or fortified margarine
Fruit gelatin
Beverage

12

Broiled lamb patties
 Creamed new potatoes
 New beans and greens
 Whole-wheat bread with butter or
 fortified margarine
 Jelly roll
 Beverage

13

Cold plate:
 American cheese-spiced ham slices
 Potato salad
 Carrot sticks
 Enriched rolls with butter or for-
 tified margarine
 Peach pie
 Beverage

14

Chicken shortcake
 Parsley new potatoes
 Fruit salad
 Whole-wheat bread with butter or
 fortified margarine
 Chocolate ice cream
 Beverage

BUY ANOTHER
 WAR BOND

ALLOTMENT CHANGES

The July-August allotments of all ra-
 tioned food to institutional users
 are affected by Amendment 105 to Gen-
 eral Ration Order 5, and Amendment 5
 to Supplement 3 of this order.

The recent percentage reductions on
 sugar and meat fat allotments for meal
 service have been revoked and the max-
 imum allowance per person has been
 lowered. Net result of the changes
 is a reduction in total allotments to
 most institutional users. The changes
 are reported to have been made to
 equalize the point issuance of home
 and institutional users.

Canned Milk Restriction

The acquisition of canned milk by
 Group III and Group IV institutional
 users is prohibited by Amendment 106
 to Ration Order 5. Exception is made
 only for cases of isolation.

OPA explains that the restriction is
 intended to provide enough canned
 milk to relieve milk shortage areas
 and to assure an adequate supply of
 canned milk to infants and invalids.

"INDUSTRIAL FEEDING MANAGEMENT"

is off the press

This publication has been prepared by the Committee on the Nutrition of
 Industrial Workers of the National Research Council, in collaboration
 with the United States Department of Agriculture. It discusses the prin-
 cipals of Industrial Feeding. Please fill out and return this form if
 you wish a copy.

Plant name _____

By (title) _____

Street and number _____

City, zone and state _____

Clip and send this form to:

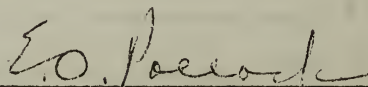
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WAR FOOD ADMINISTRATION
COMMODITY CREDIT CORPORATION
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NOTICE

We have been notified that the recent decision to discontinue the government Industrial Feeding Program has been given further consideration. Funds have been made available to continue the program through September 30, 1945.

The monthly bulletins "Industrial Nutrition Service" and "Serving Many," as well as the Industrial Feeding Specialists' consultant service to industry will, therefore, be available upon request.



E. O. Pollock
Regional Director
Midwest Region